



### HEALTH CLAIMS

- Low Saturated and trans fatty acids can help reduce total blood cholesterol or blood LDL cholesterol
- Low Sodium can help reduce blood pressure
- Low Sugar
- Increased intake of fruit & vegetables can help reduce risk of coronary heart disease

### FEATURES

- Certified Organic plant based wholefood
- Suitable for vegetarian & vegan diet
- Contains polysaccharides in particular Beta-glucans which has shown to have positive effects on regulating blood cholesterol with diet low in saturated fatty acids
- Traditionally used for cardiovascular health and improvement of bone health

**Organic Shiitake Mushroom Powder** is an Australian Certified Organic Mushroom powder that is said to be found growing in the wild mountainous regions of China, Japan, Indonesia and Taiwan. The Shiitake Mushroom can be traced as far back as the cretaceous period, over one hundred million years ago. The strong smoky, earth-like flavour of the Shiitake is commonly used in many households to enhance meals such as broths, pasta dishes and stir-fries. The Shiitake Mushroom is known for lowering blood cholesterol, improving the immune system and reducing stomach/digestive issues.

### SPECIFICATIONS

Physical & Chemical	
Colour	light brown
Mesh	100% pass 100mesh
Moisture (%)	≤9%
Ash	≤15%
Polysaccharides	≥3%
Heavy Metals	<10ppm
Pesticide Residue	<1ppm
Microbiological	
Total Plate Count	< 10,000 cfu/g
Yeast & Mould	< 1,000 cfu/g
<i>E.coli</i>	< 100 cfu/g
Salmonella	Absent/25g

### OTHER CHARACTERISTICS

Taste	Characteristic of mushroom
Certification	Organic (NOP; EU; ACO); Kosher; FSSC 22000
Allergens	Free from input of GMO; Dairy; Egg; Gluten; Lupin; Peanuts; Soy; Tree nuts & other additives
Safety	Food grade, suitable for human consumption
Shelf Life	Best Before 36 months in original sealed bag stored <25°C away from direct contact with light, heat & Moisture
Packaging	20kg polybag in cardboard carton

### TYPICAL DATA (all figures based on independent analysis)

Labelling	
Organic Shiitake Mushroom powder, <i>Lentinula edodes</i>	
Nutritional Labelling per 100g	
Energy	1,200kJ
Protein	23.1g
Carbohydrates	-available 27.6g
	-sugars <0.1g
Dietary Fibre	36.3g
Fat	-total 2g
	-saturated 0.3g
	-monounsaturated 0.1g
	-polyunsaturated 1.5g
	-trans <0.1g
Sodium	6mg
Calcium	88mg
Magnesium	138mg
Potassium	2,250mg
Phosphorus	808mg
Zinc	9mg

### EMISSIONS PROFILE

Carbon Emissions	8.9 kg CO <sub>2</sub> -e/kg
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*\*The health claims available for these ingredients are dose related. If you are unsure, please seek regulatory advice to ensure compliance.*

Australian and New Zealand Distribution:

PHYTO  THERAPY

Manufacturer:



Organic certified by:



Carbon certified by:

